

# Massage

AT CORNERSTONE  
DOYLESTOWN



## Therapeutic Swedish Massage

Manipulation of muscles, tendons, fascia and ligaments with techniques like kneading, cross fiber friction, trigger point and deep pressure to replenish, nourish, lengthen and relax your muscles.

## Deep Tissue Massage

Decrease restrictions in places of tension and bring awareness to places where there may be weakness through an understanding of muscle groups, actions and connective tissue.

## Mastectomy Massage (and other oncology massage)

Whether cosmetic or life saving, breast surgery may cause scarring, swelling or edema as well as sore, achy muscles. Massage is a natural way to enhance the healing process.

## Reflexology

Available in 15 or 30 minute increments, this service is great for people who are short on time but in need of some effective TLC. Enjoy as a stand-alone service or add on to your massage!

## Therapeutic Hot Stone Massage

A short session of hot stone massage may be incorporated into a regular massage session at no extra fee. However, a full session of hot stone massage is available upon request for a small additional fee. Please call for more information.

## Scheduling

Appointments may be made at the Service Desk by phone or in person. We advise that you schedule in advance to assure your preferred appointment time. Please note that according to state law, minors (under age 18) MUST be accompanied by an adult in the massage room.

## Cancellation Policy

Kindly give 24 hours notice of cancellation to avoid a 100% cancellation fee. Payment is required at time of service.

CORNERSTONE DOYLESTOWN  
740 Edison-Furlong Road, Doylestown, PA  
215.794.3700 | [www.cornerstoneclubs.com](http://www.cornerstoneclubs.com)

## Massage Rates

### Member

30 min.	\$45
60 min.	\$75
90 min.	\$100
3-pack/60 min.	\$215
3-pack/90 min.	\$285
5-pack/60 min.	\$340



## Massage Rates

### Guest

30 min.	\$50
60 min.	\$85
90 min.	\$115
3-pack/60 min.	\$239
3-pack/90 min.	\$325
5-pack/60 min.	\$385

**Mastectomy Massage (75 min.)**  
**Reflexology**

\$95/Member | \$105/Guest  
\$25/15 min. - \$40/30 min.

Monday	Tuesday	Wednesday	Thursday
<b>Michele</b> 9:15am - 2:00pm  <b>Carol</b> 3:00pm - 8:00pm	<b>Carol</b> 10:00am - 4:00pm  <b>Rachel</b> 4:15pm - 8:00pm	<b>Cathy</b> 10:00am - 2:00pm  <b>Michele</b> 3:00pm - 7:30pm	<b>Carol</b> 10:00am - 4:00pm  <b>Rachel</b> 5:00pm - 8:00pm
Friday	Saturday	Sunday	Kindly give 24 hours notice of cancellation to avoid a 100% cancellation fee.
<b>Carol</b> 10:00am - 3:30pm	<b>Carol</b> 10:00am - 3:00pm * 1 <sup>st</sup> Saturday of month  <b>Rachel:</b> 10:00am - 5:30pm  <b>Michele:</b> 11:00am - 3:00pm *Some Saturdays	<b>Rachel</b> 10:00am - 4:00pm Every other week	

### Specialities:

CAROL: Pre/Post natal, Swedish, Deep Tissue, Hot Stone, Oncology

CATHY: Integrated Therapies, Swedish

RACHEL: Swedish, Deep Tissue, Reflexology, Oncology

MICHELE: Swedish, Therapeutic, Medical, Pre/Post natal, Myofascial Release, Massage For Certain Disabilities, Orthopedic, Massage, Active Isolated Stretching, Cupping

Openings may be available at any time. Please check with the service desk or call 215.794.3700 to schedule an appointment.